



Owens Park Seniors

January 2007



Program Director: Giedre Deltuvaite, 19900 Beallsville Road, Beallsville, MD, 20839 Ph: 240-832-8005

Owens Park Senior Program is situated in a lovely country setting at 19900 Beallsville Road. Meeting Day is Wednesday between 10:00am and 2:00pm. There is bus transportation within certain boundaries in the immediate area. You may bring a lunch or drop in for activities.

Welcome back!
May the New Year bring happiness
and peace to your heart



January

2007

Wednesday, January 3

10:00am – 11:00am

Welcome Back With Warm Conversation and Cup of Hot Coffee and Tea.

11:00am – 12:00noon

Let's Play Noodle Ball!!

Dianne Smith will introduce a new fun exercise activity that will get everyone laughing.

Lunch

1:00pm – 2:00pm

Arts for the Aging

Wednesday, January 10

10:00am – 11:00am

Gathering and Blood Pressure Screening by the Beallsville Fire Department Volunteers

11:00am – 12:00noon

New Year's Bingo!!
Did your luck change?
Lunch

1:00pm – 2:00pm

"Yellowstone National Park –The Jewel of Nature"
Montgomery College professor Paul McDermott will take us on a visual journey exploring the natural wonders of Yellowstone National Park.

Wednesday, January 17

10:00am – 10:30am

Gathering and Warming Up with Hot Tea and Coffee

10:30am – 12:00noon

Word Search Competition – who can find all the hidden words the fastest
Lunch

1:00pm – 2:00pm

Sue Johnson presents "From Spirituals to



Gospel"

Come to enjoy spiritual and gospel songs with a wonderful performer Sue Johnson. The program includes "Amazing Grace", "Get Right with God", "Oh Happy Day", and many more with which you can sing along.

Wednesday, January 24

10:00am – 11:00am

Gathering and Comradeship

11:00am – 12:00noon

Exercising Your Brain

Test your ability to solve problems and discover how your brain works using associations and grouping techniques, how it stores and retrieves information

Lunch

1:00pm – 2:00pm

Dirty 7 Card Game

Wednesday, January 31

10:00am – 11:00am

Get Together and Word Search

11:00am – 2:00pm

All Day Craft Project

With the fast approaching Valentines Day, we'll make an adornment box full of love and warmth.

We'll stop for a lunch break